

**DEPARTMENT OF
PSYCHOLOGY**

F.Y.B.A

Serial No	Semester and Course Title
1	Semester 1: Fundamental of Psychology 1 (DSC)
2	Semester 1: Child Psychology (GE)
3	Semester 2: Fundamentals of Psychology 2 (DSC)
4	Semester 2: Psychology of Adolescence (GE)

SEMESTER: I

TITLE: Fundamentals of Psychology- I

NO OF CREDITS: 03 Theory + 01 Practical (total: 04 credits)

PAPER CODE:DSC PSY 1A

Objectives:

- To develop knowledge of major concepts, theoretical perspectives, empirical findings and historical trends in Psychology.
- To understand research methods in psychology and conduct basic experiments in Psychology.
- To understand and apply psychological principles to different areas of life
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Course Content:

- Nature of Psychology covers major theoretical perspective and historical trends in Psychology.
- Biological foundation of behavior- functions of nervous system and its specialized structure.
- Learning and Conditioning.
- Memory and its stages

Learning Outcome:

After completing the course the students will be able to:

- Know the major concepts, theoretical perspectives and historical trends in Psychology
- Conduct research by using various research methods in Psychology
- Employ different problem solving strategies and involve in creative thinking
- Motivate and Inculcate psychological principles to different areas of life
- Be aware about different personalities and able to assess numerous personality test

Suggested Readings

- Santrock, J.W (2006). Psychology: Essentials 2. New Delhi: McGraw- Hill Publishing company limited.
- Ciccarelli, S.K. & Meyer, GE. (2015). Psychology. India: Pearson India. 4th Edition

SEMESTER: I

TITLE: CHILD PSYCHOLOGY

NO OF CREDITS: 04

PAPER CODE: GE PSY 1A

Objectives:

- To understand the role of heredity and environmental influence on development of children
- To understand the biological, social and cognitive influences on the development of children
- To acquaint students with common disorders of childhood
- To sensitize students to the needs of children with disability.

Course Content:

- Introduction and early beginning of life
- Physical and Psychological development in infancy and toddlerhood, early and middle childhood
- Children with special needs: ADHD, ASD, Pica, Tics and Intellectually Challenged

Learning Outcome:

After completing the course the students will be able to:

- Know the nature of development and transition phases in children
- Identify and help the children with special needs
- Aware about the common disorders among children
- Understand the common disorders among children

Suggested Readings:

- Berk. L.E (2014). Child Development. New Delhi: Pearson Education Dorling Kindersley India Pvt. Lmt.
- Papalia, D.E., Olds, S.W., & Feldman, R. (2012) Human Development. (12th Edition). McGraw Hill, International Edition 2.
- Santrock, J.W (2013). Child Development (13th Edition). New Delhi: Tata McGraw Hill.

SEMESTER: II

TITLE: Fundamentals of Psychology- II

NO OF CREDITS: 03 Theory + 01 Practical (total: 04 credits)

PAPER CODE: DSC PSY 1A

Objectives:

- To develop knowledge of major concepts, theoretical perspectives, empirical findings and historical trends in Psychology
- To understand research methods in psychology and conduct basic experiments in Psychology
- To understand and apply psychological principles to different areas of life

Course Content:

- Nature of Sensation and Perception: covers Visual and Auditory
- Concepts of problem solving, decision making and Mental Imagery
- Nature of motivation and approaches to understanding: Instinct, Drive Reduction, Arousal, Incentive Homeostasis
- Personality and its theories

Learning Outcome

After completing the course the students will be able to:

- Know the major concepts of problem solving and decision making
- Conduct research by using various research methods in Psychology
- Employ different strategies in problem solving and involve in creative thinking
- Motivate and Inculcate psychological principles to different areas of life
- Be aware about different personalities and able to assess numerous personality test

Suggested Readings:

- Santrock, J.W (2006). Psychology: Essentials 2. New Delhi: McGraw- Hill Publishing company limited.
- Ciccarelli, S.K. & Meyer, GE. (2015). Psychology. India: Pearson India. 4th Edition.

SEMESTER: II

TITLE: PSYCHOLOGY OF ADOSLESCENCE

NO OF CREDITS: 04

PAPER CODE: GE- PSY 2B

Objectives:

- To develop knowledge of major concepts and trends in adolescent psychology
- To understand and apply psychological principles to different areas of adolescent life
- To identify the problems occurring in adolescence with a focus on prevention

Course Content:

- Nature of adolescence: Adolescence health, Puberty and Historical perspectives
- Physical and Psychological development among adolescents
- The self, Personality and Achievement in Adolescence
- Adolescent Sexuality and other problems related to it

Learning Outcome:

After completing the course the students will be able to:

- Know the nature of development and transition phases among adolescence
- Identify and help the adolescence with problems
- Be aware about the signs and symptoms among adolescence with low self-esteem
- Understand the importance of achievements in adolescence

Suggested Readings:

- Santrock, J.W (2015). Child Development (16th Edition). New Delhi: Tata McGraw Hill.
- Dolgin, K.G. (2010). The Adolescent: Development, relationships, and culture (13th Edition)
- Geldard, K. (2009). Practical Interventions for Young People at risk. New Delhi: Sage Publications Pvt. India Ltd.
- Swanson, D.E., Edwards, M.C., Spencer, M.B. (2010). Adolescence- Development during a global era. (1st Edition) Academic Press.

S.Y.B.A

Serial Number	
1	Semester 3: Social Psychology 1 (DSC)
2	Semester 3: Stress management (SEC)
3	Semester 3: Gender & identity (GE)
4	Semester 4: Social Psychology 2 (DSC)
5	Semester 4: Psychology of Life Adjustment (SEC)
6	Semester 4: Psychology & Media (GE)

SEMESTER III

Title: Social Psychology 1 (PSC 103)

Credits: 3 (Theory) + 1 Practical= 04

Objectives:

- To understand the basic concepts and changing trends in Social Psychology
- To develop a psychological analysis of relations between individual and society

Course Content:

- Definition and scientific understanding of Social Psychology
- Social Cognition & Non Verbal Communication
- Attitude Formation
- Affiliation & Attraction

Learning Outcomes:

After completing the course the students will be able to:

- Know the social aspects of human behavior.
- Appreciate the different ways in which individuals respond in social situations.
- Evaluate the various attitudes in individuals and how these develop
- Analyze the source, reasons to understand what attracts individuals to one another.
- Conduct basic experiments by applying the various research methods in social psychology.

Suggested Readings:

- Baron. R.A., Branscombe, N.R. & Byrne, D. (2008). Social Psychology, 12th Edition
- Crisp, R.J., Turner, R.N. (2014). Essential Social Psychology, 3rd Edition

SEMESTER III

Title: Stress Management (PSS 101) SEM III

Credits: 04

Objectives:

- To understand the concept of stress
- To study the impact of stress on health
- To learn strategies to cope and manage stress

Course Content:

- Nature & Components of Stress
- Stress & Health
- Effective ways to manage stress
- Psychophysiological Disorders
- Stress Management Strategies

Learning Outcomes:

After completing the course the students will be able to:

- Know the factors that are triggers of stress
- Appreciate the various strategies to manage stress
- Evaluate how the health can be deteriorated due to stressors
- Analyse means of dealing with the impact of stress

Suggested Readings:

- Carr, A. (204). Positive Psychology: The Science of Happiness & Human Strength
- DiMatteo, M.R. & Martin, L.R. (2002). Health Psychology

SEMESTER III

Title: Psychology of Gender & Identity (PSG 103) SEM III

Credits: 04

Objectives:

- To understand the biological, social and cognitive influences on gender
- To comprehend the origin of gender stereotypes
- To understand contemporary gender issues

Course Content:

- Understanding the difference between Gender & Sex
- Gender similarities and differences
- Gender Stereotypes
- Gender Identity
- Gender in transition

Learning Outcomes:

After completing the course the students will be able to:

- Know the aspects in the social world where gender disparity survives
- Appreciate the differences between males and females and understand the strengths in each gender
- Appreciate the third gender
- Evaluate the issues that are caused due to differences between genders in societies
- Analyze the ways in which the differences cause barriers & ways these may be reduced

Suggested Readings:

- Baron. R.A., Branscombe, N.R. & Byrne, D. (2008). Social Psychology, 12th Edition
- Crisp, R.J., Turner, R.N. (2014). Essential Social Psychology, 3rd Edition

SEMESTER IV

Title: Social Psychology 2 (PSC 104) SEM IV

Credits: 3 (Theory) + 1 (Practicum) = 04

Objectives:

- To impart knowledge of the basic concepts and understand changing trends in Social Psychology
- To foster interest in Social Psychology as a field of study and research
- To understand the applications of Social Psychology in everyday life

Course Content:

- Prosocial Behaviour
- Social Influence
- Types of Groups
- Applying Social Psychology to everyday life

Learning Outcomes:

After completing the course the students will be able to:

- Know the aspects of helping behavior and are equipped to promote the same.
- Appreciate the different forms of social influence and deal with these in a healthy manner as they interact with the social world.
- Evaluate group interactions and be competent to deal with group dynamics.
- Analyze the source, reasons and prevention of conflict situations.
- Conduct basic experiments by applying the various research methods in social psychology.

Suggested Readings:

- Baron. R.A., Branscombe, N.R. & Byrne, D. (2008). Social Psychology, 12th Edition
- Crisp, R.J., Turner, R.N. (2014). Essential Social Psychology, 3rd Edition

SEMESTER IV

Title: Psychology & Media (PSG 104) SEM- IV

Credits: 04

Objectives:

- To understand the interaction between Psychology and Media
- To understand the underlying psychological processes and mechanisms used in media
- To study the ways in which the predominance of media and its technologies have influenced the behavior of people

Course Content:

- Understanding Mass Media
- Psychology & Media
- Role of Psychology in advertising
- Issues in Media Psychology
- Social aspects of internet news

Learning Outcomes:

After completing the course the students will be able to:

- Evaluate the social responsibility involved, by analyzing the link between media and psychology.
- Analyze the role of the media and how it can have an impact on human behavior.
- Appreciate the impact of media in fields like sports, in mental illness and violence.
- Identify the psychological strategies used in advertisements which in turn have an effect on individual's behavior patterns.

Suggested Readings:

- Wood, R.N. (1983). Mass Media and the individual.
- Krish, S.J. (2006). Children, adolescents and media violence

SEMESTER IV

Title: Psychology and Life Adjustment (PSS 102) SEM- IV

Credits: 04

Objectives:

- To understand the basic concepts and modern trends in the Psychology of Adjustment
- To apply principles of adjustment in everyday life
- To develop skills required to adjust to life situations

Course Content:

- Defining Adjustment
- Sexuality and Intimate Relations
- Emotions and Coping
- Careers and Decision making

Learning Outcomes:

After completing the course the students will be able to:

- Evaluate the concept of well-being, through skilled based processes that enhance coping with modern day living.
- Appreciate intimate relationships and adjusting to the consequences of these in a healthy manner.
- Analyze and manage emotions in an appropriate manner.
- Identify choices and make appropriate life decisions.

Suggested Readings:

- Alex, K. (2011). Soft Skills: know yourself and know the world.
- Duffy, K.G. & Atwater, E. (2014). Psychology for Living: Adjustment, growth and behavior today, 11th Edition.

T.Y.B.A

SEMESTER V

Title: Understanding Psychological Disorders (PSC 105)

Credits: 04

Objectives:

- To understand the nature and causes of psychopathologies and approaches to treating the same.
- To develop a psychological analysis biological, social, and psychological factors that they contribute to the development and maintaining of disorders.

Course Content:

- Understanding Abnormal Psychology & DSM 5
- Historical and Contemporary views of disease and disorder
- Anxiety and associated disorders
- Mood Disorders
- Schizophrenia

Learning Outcomes:

After completion of the course the students will learn to:

- Know the factors that contribute to the causes of mental disorders
- Appreciate the different therapies used to treat mental disorders
- Evaluate the power of psychosocial treatments to guide individuals with psychopathologies
- Analyze the methods that can act at preventive measures in developing disorders

Suggested Readings:

- 'Abnormal Psychology'- Butcher, Mineka& Hooley (2014)- 15th Edition

SEMESTER: V

TITLE: Statistics in Psychology

NO OF CREDITS: (total: 04 credits)

PAPER CODE: PSD 101

Objectives:

- To understand statistical techniques and their use in research
- To analyze and graphical represent data

Course Content:

- Understanding the basic concepts: descriptive and inferential statistics, Frequency Distribution and Graphical representation of data
- Measures of Central Tendency & Variability: Mean, Median, mode and its properties
- Normal Probability Curve

Learning Outcome:

After the course the students will learn to:

- Know the statistical analysis of the raw data
- Become aware about the data interpretation
- Understand the statistical analysis by using different methods of statistical formulas
- Able to use different statistical methods for data collection

Suggested Readings

- Pathak, R.P. (2011) Statistics in Psychology and Education 1st edition. New Delhi: Pearson
- Garrette, H.E (2014), Statistics in Psychology & Education. New Delhi: Lakshi Publishers
- Mangal. S.K (2011) Statistics in Psychology and education. 2nd revised edition. New Delhi: PHI

